

"Striving for excellence through innovation and positive experiences."



ZUMBA

Dance your way to a healthier you with a fitness program that works for everybody and every body! We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called "exercise in disguise".

WEDNESDAYS | 6:30-7:30 PM

\$24

9 participant max

Session runs March 10 - April 28, 2021